Park Manor of Conroe



Giving Thanks and Expressing Gratitude During the Thanksgiving Season

Thanksgiving is a time to gather with loved ones, share great food, and celebrate the joys of life. But it's also a moment to reflect on the deeper meaning of gratitude, beyond just one day.

This year, take a moment before the meal to share with your family what you're thankful for. Whether it's big or small, every blessing matters. Perhaps you're grateful for the warmth of family traditions that have been passed down, like your grandmother's cherished pie recipe. Maybe it's the quiet strength you've found to face life's challenges, or the comforting memories shared with loved ones who are no longer with us.

Give thanks for the simple joys—like a child's laughter, a warm hug, or the opportunity to sit around the table with those you hold dear. Be mindful of the importance of giving, whether it's time, love, or support.

Wishing you and your family a Happy Thanksgiving filled with gratitude, love, and togetherness!

PARK MANOR CONROE





Happy Birthday

Gary B.	11/6
Harriet R.	11/7
David S.	11/8
Daniel E.	11/14
Maria V.	11/20
Arper S.	11/25
Agnes G.	11/28

Spread More Kindness



Kindness comes to life when we help, uplift, or support others without expecting anything in return. When you show kindness, the smallest gesture may brighten someone's day in an unexpected way.

Here are a few random acts of kindness that could make a difference on World Kindness Day, November 13:

- **Smile when you see someone: go the extra mile with a friendly greeting or wave**
- **Write positive messages on post-it notes and leave them for people to find**
- **Hold the door open for someone**
- **Give a compliment, hug, or small unexpected gift**
- **Tell a nurse, loved one, teacher, mentor or friend how much you appreciate them**

Alzheimer's Awareness Month: What to Know About Memory Changes

Memory naturally changes as we grow older, but significant memory loss that interferes with daily life is not a normal part of aging. Alzheimer's disease affects areas of the brain that control thought, memory, and language, and can make everyday tasks challenging. If you, a family member, or loved one notice one or more of the following early signs of Alzheimer's disease, consider reaching out to your physician right away to understand what's causing them:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, at work, or at leisure
- Confusion with time or place
- New problems with words in speaking or writing
- Trouble understanding visual images and spatial relations
- Misplacing things and not being able to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities

Source: cdc.gov



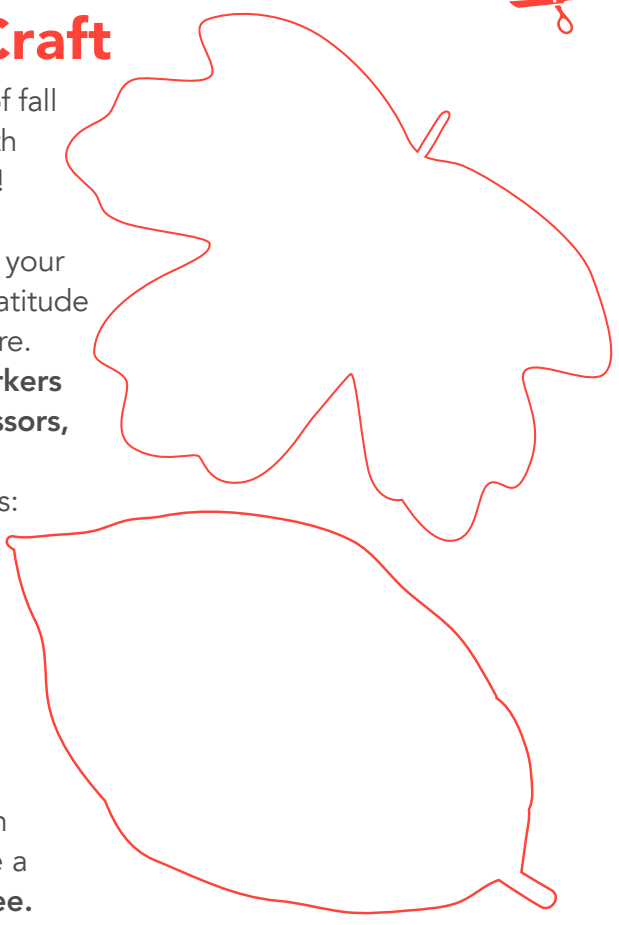
Gratitude Craft

Add a personal touch of fall décor to your space with a simple gratitude craft! Using the leaf shapes provided as a guide (or your own), create colorful gratitude leaves to display or share. **You'll need paper, markers or colored pencils, scissors, and glue.**

Write messages such as:

I'm Grateful for…
Blessed & Thankful
I'm Thankful for…
Be Thankful.
I Appreciate…

Decorate your leaves, then hang them as autumn décor or bunch them together to make a beautiful **Gratitude Tree.**



Special Events



Thursday/November 5th from 10-11 am – Special Musical Entertainment by The Second Baptist Church Ukulele Band.



Friday/November 6th from 2-4 pm – Movie Matinee on the big screen tv in the tv room – "MCCLINTOCK" with John Wayne & Maureen O'Hara. Fresh popped popcorn & drinks to be served.





Wednesday/November 11th from 2:30-3:30 pm SPECIAL CELEBRATION HONORING OUR RESIDENT VOLUNTEERS WITH THE AMERICAN LEGION POST #411 – We will be having special Musical Entertainment by Mike Casey as well. The American Legion Post #411 will be doing the Flag Ceremony and several presentations to honor our Resident Veterans. Refreshments will also be served. **FAMILY MEMBERS ARE ALSO INVITED TO PARTICIPATE.**





Friday/November 13th from 2-3:30 pm – "BOOZE & TATTOOS" – Happy Hour with temporary tattoos, margaritas, beer, chips & salsa. We will be having our own music also.





Thursday/November 19th from 6-8 pm – We will be having our annual **RESIDENT & FAMILY THANKSGIVING FEAST.** This will be a full Thanksgiving meal with all the trimmings. We ask family members to limit their attendance to 2 please so all Residents may have family attend. There will be a sign-up sheet at the Nurse's Station for family members so we can get an accurate head count. We ask family members to please let us know by Monday/ November 16th if they will be attending. There will be Special Musical Entertainment by MIKE FALTIN – THE PIANO MAN.





Friday/November 20th from 2-3:30 pm – Hot Chocolate & Cookie Social with our own music.



Thursday/November 26th from 9:30-11 am – Big Stakes Turkey Trot Bingo!!! There will be no afternoon group activities for family visitation.



Friday/November 27th from 2:30-3:30 pm – Friday Social with Special Musical Entertainment & Light Show by Rob Mason. Refreshments to be served.

VETERANS DAY
Honoring Those Who Serve on November 11

Today we honor the courage, dedication, and sacrifice of the men and women who have served our country. Veterans Day is more than a date—it's a moment to reflect, remember, and show our gratitude.

Ways to honor veterans:

- Wear pins, clothing, or accessories that show support
- Donate to organizations that assist veterans or active-duty service members
- Share a meal, coffee, or kind gesture with a service member
- Send a letter, text, or care package
- Visit a memorial or cemetery to pay respects

This day is also a chance to connect with family and friends. Share stories of loved ones who served, reflect on the freedoms their service protects, or create a small tribute together. This Veterans Day, reach out, reflect, honor and take a moment to thank a veteran.



PARK MANOR
CONROE

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Payg Davis
Assistant Business Office Manager

Melanie Williams
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Melba Heath, LVN
MDS Director

Toni Stephens
Medical Records/Central Supply Director

Jay Dobie, LVN
Unit Manager/Weekend Supervisor

Felix Jones
Maintenance Director

Nita Olson
Activity Director

Kayla McQueen-Grady, LVN
Unit Manager

Icess McGinty, LVN
Unit Manager

Jose Elizondo, LVN
Wounds Care/Infection Preventionist

Mike Buhain
Staffing Coordinator

Edgar Figueroa
Director of Transportation

Miles Bell
Housekeeping & Laundry Manager

Nicole Elsevier
Director of Talent & Learning

Allean Johnson
Concierge

Dawn Secrist
Respiratory Therapist

& Dee Johnson, RN
Weekend Treatment Nurse

Jack Ojuok, LVN
Evening Manager

Anna Chavez
Activity Assistant

Newsletter Production by PorterOneDesign.com



Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

L	I	A	B	H	C	O	S	U	P	P	O	R	T	C
U	E	B	M	H	M	N	S	K	A	I	V	R	O	N
C	Y	A	D	E	S	F	M	A	O	Q	D	I	M	B
X	A	M	V	K	D	X	A	U	D	K	N	U	H	C
Q	W	E	N	E	H	G	R	A	T	I	T	U	D	E
S	R	A	J	O	S	K	G	N	D	U	Z	N	F	M
C	H	L	D	I	J	L	B	F	A	M	I	L	Y	Y
T	G	E	N	U	O	C	A	B	P	Y	O	T	R	N
F	W	H	A	W	S	E	T	R	H	O	N	O	R	L
O	Q	Z	F	V	E	T	E	R	A	N	M	T	S	A
O	F	D	E	X	I	S	H	A	R	E	L	U	J	G
D	L	V	L	I	R	E	M	E	M	B	E	R	D	K
E	K	A	K	I	N	D	N	E	S	S	Z	K	N	Y
D	H	T	S	F	E	N	E	M	C	C	W	E	X	J
J	F	U	I	U	J	M	S	B	K	Z	E	Y	P	W

WORD LIST

AUTUMN
FAMILY
FOOD
GRATITUDE
HONOR
KINDNESS
LEAVES
MEAL
MEMORY
REMEMBER
SHARE
SUPPORT
THANKS
TURKEY
VETERAN